

Easy Eggplant Lasagna

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- Approximately 3 cups cashew ricotta*
- 2 cups fresh spinach, chopped
- 2 large eggplants
- 1 tsp fine sea salt
- 4-5 cups pasta sauce
- 3-4 tbsp of Plant-based Parm

Instructions:

1. Preheat oven to 350F (180C). You'll need a 13"x9" baking dish.
2. In a large bowl, combine ricotta and fresh spinach. Set aside.
3. Place a layer of sliced eggplant in the baking dish. Sprinkle with salt. This is to draw out excess moisture. Continue adding layers of eggplant and sprinkling with salt. Let sit for 10 minutes. Then pat off the excess moisture from the eggplant and remove from baking dish.
4. Spoon some sauce to the bottom of the baking dish. Add 1 layer of sliced eggplant. Next add dollops of spinach cashew ricotta on top of each slice of eggplant and spread around with a spoon.
5. Next add sauce on top of spinach cashew ricotta layer. Add another layer of eggplant and continue until final layer. For the final layer, add the last bit of spinach cashew ricotta on top of sauce in dollops.
6. Sprinkle Plant-based Parmesan Cheese on top. Bake for 45-50 minutes until eggplant is tender and cooked through.
7. Once removed from oven, let sit for 5-10 minutes before serving.
8. Refrigerate for up to 5-7 days. Eggplant does not freeze well, it gets very soggy so I don't recommend you freeze it. Reheat in the oven.

Notes:

Serves 6-8 people. *If you want to make this with regular ricotta you can do that. Just follow the same instructions and swap cashew ricotta for regular ricotta.